

Talking To Your Doctor About Falls: 6 Tips for Helpful Conversations

More than one in four older adults falls each year, but only half share this with their doctor. It's important for your doctor to know about any health issues, especially balance problems and falls. Here are six tips to help you get the most out of your conversations.

- 1. Make a list of topics you want to discuss.** Before your appointment, write down the health issues you'd like to cover, such as balance and falls. This list will help you remember what to say and any questions you want to ask.
- 2. Ask your doctor for a falls risk assessment.** If you've fallen, have difficulty walking, or feel unsteady, it's important to discuss this with your doctor.
- 3. Discuss other specialists.** Ask your doctor if seeing a physical therapist, occupational therapist, or other experts could help improve your balance, strength, medication use, nutrition, vision, and hearing to lower your risk of falling.
- 4. Be open about your concerns.** Let your doctor know if you've fallen and provide as many details as you can. The more information you share, the better they can assist you.
- 5. Take notes—and ask for notes!** Bring a notepad and pen to jot down important information your doctor shares. This will help you remember what was discussed during your appointment.
- 6. Ask your doctor questions.** If there's anything you don't understand, don't hesitate to ask again. Repeating information back to your doctor can help you remember it and show that you understand.